



# **How to Live Well with Early Alzheimer's: A Complete Program for Enhancing Your Quality of Life (Healthy Home Library)**

*Deborah Mitchell*

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- Comprehensive, up-to-date information on the diagnosis and treatment of early Alzheimer's
- Learn about the latest therapies, safest medications, and most effective alternatives
- How to help manage and prevent memory loss through proper diet, vitamins, herbs, and simple lifestyle changes
- How to sharpen your mental skills with brain-boosting exercises
- How to improve, retain, and extend the quality of your life for years to come
- PLUS vital new information on the controversial role of hormones in the prevention and treatment of Alzheimer's disease

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